



July 2006  
Volume 1, Issue 3

**CAPITOL MID-WEEK  
FARMERS'**



**MARKET  
TOPEKA**

Capitol Mid-Week Farmers'  
Market  
May 24–October 25, 2006  
Wednesday Mornings  
9 a.m. to 2 p.m.  
Capitol Grounds  
10th Avenue and Jackson  
Downtown Topeka



**Healthy Kansas Goals:**  
1. Increase your physical activity levels to at least 30 minutes five days each week  
2. Eat a healthy, nutritious diet (including five daily servings of fruits and vegetables)  
3. Stop using tobacco products, or significantly reduce your consumption.

# HOME-GROWN IN KANSAS

## "Bringing Freshness to Your Table"

(A Kansas Department of Commerce Campaign)

A local Farmers' Market is the next best thing to homegrown when the grower has personally planted, picked, and brought the produce to market. But just what does it mean to be "fresh?" Below are guidelines that the Capitol Farmers' Market growers abide by:

- Most produce picked within 24 hrs of market day,
- Anything not sold at market is given away or kept by farmer,
- Less perishable items such as potatoes and onions are stored in appropriate dry, cool cellars or basements until needed for market,
- Produce is picked at peak ripeness and is therefore more flavorful.

One of the best things about the Farmers' Market is establishing relationships with the Farmers so that you know where your food is coming from and under what conditions it has been brought to you. Ask the Growers about when they picked the produce they are displaying, how it was stored, and how to use and store it at home.

## What's fresh for July

Blackberries, blueberries, carrots, cherries, sweet corn, cucumbers, garlic, greens, green beans, hot peppers, onions, potatoes, radishes, rhubarb, salad mix, shallots, snap peas, snow peas, summer squash, and tomatoes.

### Governor's Summer Fruit Crisp

This is an easy summer dessert. I usually make it with peaches and blueberries, but raspberries and blueberries also work well.

Fruit filling:  
6 large peaches  
½ container of blueberries  
½ cup of sugar  
Juice from 1 lemon  
1 tablespoon flour

Topping:  
1½ cup flour  
¾ cup sugar  
¾ cup light brown sugar  
½ teaspoon kosher salt  
1 cup rolled oats  
½ lb unsalted butter, diced  
1 cup chopped nuts - optional

Preheat oven to 350 degrees. Drop peaches in boiling water for 30 seconds. Remove and peel; skins come off easily. Slice into large slices and place in bowl. Rinse blueberries and add. Add juice from lemon, sugar and flour. Mix gently and put in greased 9x14 baking dish (or whatever works).

Mix topping ingredients in mixer until butter is size of peas. (Add chopped nuts if desired). Crumble over top of fruit and bake for 1 hour, until topping is brown and fruit is bubbly.

Serve hot with ice cream or room temperature with whipped cream. Topping can be made in larger batches and saved in covered container in refrigerator until ready to use.

Kansas Department of Health & Environment

For an electronic copy of this newsletter see:

<http://www.healthykansans2010.org/kslean/>

Contact: [jchurch@kdhe.state.ks.us](mailto:jchurch@kdhe.state.ks.us) for more information

## FRESH FROM THE FARM:



### FOCUS: Summer Squash

Rich in vitamin A & C, yellow/orange foods are an excellent way to help maintain vision health. Yellow/orange foods also help maintain heart health and a healthy immune system.

Look for Summer Squash at Wednesday's market –

A single serving of summer squash, that is 1/2 a medium sized squash, contains 30% of your daily value of vitamin C and 2 grams of fiber.

### Featured Recipe:



#### Penne with Summer Squash

Serves 4

1 pound penne pasta

1 cup chicken stock

1/2 pound yellow crookneck squash, seeded and julienned (cut into thin strips)

1/2 pound zucchini, seeded and julienned

1 Tablespoon olive oil

1/2 cup freshly grated Parmesan cheese

1/4 cup fresh basil leaves, thinly sliced

salt to taste

freshly ground black pepper

1. Boil penne pasta according to directions on package. Drain and set aside.
2. Meanwhile, bring the chicken stock to a boil in a skillet large enough to hold the vegetables. Add the vegetables to the chicken stock and steam, covered for about 3 to 4 minutes.
3. When the vegetables are just tender, add the cooked penne and the olive oil and toss until it is heated through.
4. Divide the pasta and vegetables evenly among 4 warmed plates or bowls. Sprinkle with Parmesan cheese and basil.
5. Adjust the salt and pepper to taste.

**Serving Size:** about 1 1/2 cups pasta and vegetables



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